



BEANS, GREAT NORTHERN, DRY

Date: June 2009

Code: A917

PRODUCT DESCRIPTION

- Dry great northern beans are U.S. Grade 1.

PACK/YIELD

- Great Northern Beans are packed in a 2-pound package. A 2-pound bag of dry great northern beans will be about 24 servings ($\frac{1}{2}$ cup each) after cooking.

STORAGE

- Store dry beans in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly covered container or plastic bag.
- Store cooked beans in a covered container that is not made from metal and refrigerate. Use within 2 days or freeze.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Dry beans should be sorted to remove small stones or other foreign objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or beans that are broken, discolored, or shriveled.
- Once sorted, place beans in a pot or strainer and rinse a few times under cold running water.
- Place the beans in a pot and add water to cover the beans. Dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water. *See back for directions on soaking.*

USES AND TIPS:

- Cooked great northern beans can be used in salads, soups, stews, casseroles, and chili, or as a side dish.

NUTRITION INFORMATION

- $\frac{1}{2}$ cup of cooked dry beans counts as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 $\frac{1}{2}$ ounces.
- $\frac{1}{2}$ cup of great northern beans are low in fat, cholesterol free and provide more than 20% of the daily recommended amount of fiber.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- For more recipes, go to:
http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm

NUTRITION FACTS

Serving size: $\frac{1}{2}$ cup (89g) great northern beans without salt, cooked

Amount Per Serving

Calories	100	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 7g	

Vitamin A	0%	Vitamin C	2%
Calcium	6%	Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.

OVERNIGHT SOAK METHOD

Note: Make sure you use a pot large enough, since beans expand to double or triple their size when soaked and cooked.

1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn the heat down to low, and cook slowly until tender –about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, beans4health.com.

FULL OF BEANS HOT DISH

MAKES ABOUT 8 SERVINGS

Ingredients

- 2 cups great northern beans, cooked
- 1 pound ground beef
- 1 large onion, chopped
- ¼ cup brown sugar (or regular sugar)
- ½ cup ketchup
- 2 tablespoons vinegar
- ½ teaspoon black pepper
- 2 cups kidney beans, cooked, or 1 can (about 15 ounces) of kidney beans
- 1 can (about 15 ounces) vegetarian beans

Directions

1. Preheat oven to 350 degrees F.
2. In a large skillet, thoroughly cook ground beef and onion until browned. Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
3. Drain off and throw away any fat from the skillet.
4. Add brown sugar, ketchup, vinegar, pepper, and beans and mix well.
5. Place in casserole dish.
6. Bake in oven for 1 hour.

Nutritional Information for 1 serving of Full of Beans Hot Dish					
Calories	300	Cholesterol	50 mg	Sugar	16 g
Calories from Fat	70	Sodium	400 mg	Protein	25 g
Total Fat	7 g	Total Carbohydrate	43 g	Vitamin A	10 RAE
Saturated Fat	3 g	Dietary Fiber	9 g	Vitamin c	5 mg
				Calcium	87 mg
				Iron	4 mg

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

GARLIC BEAN SOUP

MAKES ABOUT 6 SERVINGS

Ingredients

- 3 cups great northern beans, cooked
- 2 cups onion, chopped
- ½ cup celery, chopped
- 2 teaspoons garlic powder
- 2 tablespoons vegetable oil
- 2 cans (about 14 ounces each) low sodium chicken broth
- 1 can (about 15 ounces) carrots, sliced and undrained
- ½ teaspoon pepper

Directions

1. In a large skillet, cook the onion, celery, and garlic in vegetable oil for 3 to 4 minutes on medium heat.
2. Add chicken broth and beans; heat to boiling.
3. Reduce heat and simmer until celery is tender, about 6 minutes.
4. Add canned carrots and pepper and heat another 2 minutes.

Nutritional Information for 1 serving (about 1 cup) of Garlic Bean Soup

Calories	210	Cholesterol	0 mg	Sugar	4 g	Vitamin C	9 mg
Calories from Fat	50	Sodium	200 mg	Protein	11 g	Calcium	105 mg
Total Fat	6 g	Total Carbohydrate	31 g	Vitamin A	396 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	8 g				

Recipe adapted from Dry Bean Council, Americanbean.com.